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Accessing the Healing Power of the Vagus Nerve Self-Help ...

Accessing the Healing Power of the Vagus Nerve (2017) is a best-selling guide to understanding the role the cranial nerves – and in particular the vagus nerve – play in our physical and psychological well-being.In addition to explaining the function of the cranial nerves, it offers simple techniques for treating common medical symptoms without pharmacological or surgical intervention.

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